



NORMAN EDWARD VANDINI
SAN ANTONIO — Airman Norman E. Vandini, son of Mr. and Mrs. Alvano L. Vandini, 109 Liberty St., Agawam, has completed basic training at Lackland AFB, Tex. He has been assigned to Sheppard AFB, Tex., for training in aircraft maintenance. Airman Vandini is a 1969 graduate of Springfield Trade High School.

PROGULSKE PROMOTED AT WMECo.



THEODORE A. PROGULSKE

Promotions of 4 men, effective Jan. 1, were announced today by Western Mass. Electric Company. Theodore A. Progulske of Agawam has been named apartment sales manager for the system by A. C. Brodeur, Jr., director of system residential sales. In Pittsfield, John M. Russell has been appointed assistant safety supervisor and Michael Wowk promoted to supervisor of distribution for the Berkshire Area, while in Easthampton, Robert Diggle, Jr., becomes a district field engineer.

Progulske, a graduate of Classical H.S. in Springfield, where he played tackle on the football team, joined WMECo. as a meter reader in 1941 but resigned 2 years later to enter the Air Corps. After special training at Syracuse U., he received his commission in 1943 and saw 7 months' combat as a B-24 pilot with the 15th Air Force in Italy, attaining the rank of captain.

He returned to the company as a customer service clerk in 1945. In 1948 he was made supervisor of the Springfield business office, and served as a special sales ass't. and apartment bldg. representative before being named to his present post. With the assistance of John A. Mercadante, he will now be responsible for the system-wide development of the ap't. market.

Progulske, who completed a supervisors' training course at Rutgers in 1955, is an ass't member of the Spfld. Apartment Owners Assoc'n. and the Spfld. Board of Realtors, and belongs to the Spfld. Home Builders Assoc'n.

In Agawam, where he lives, he serves on the Board of Appeals, is a member of the Town Meeting and of the Civic Assoc'n., has been cemetery commissioner and served on the town's YMCA site building committee. For the past 10 years he has been active in Little League baseball, of which he is a director and former president.

He is married to the former Shirley LaMountain of Spfld. and lives at 88 Raymond Circle. They have two boys: Rick, 22, at Rutgers, and Downey, 18, a senior at Agawam High School.

THE AGAWAM News INC.

Agawam's First Newspaper Serving All The People

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 AGAWAM, MASS.

SENATOR BROOKE TO ADDRESS PRESS ASSOCIATION



BOSTON, MASS. — One hundred and fifty editors and publishers throughout New England will be honored here in 2 weeks when Senator Edward W. Brooke delivers the main address at the Annual Awards presentations of the New England Press Association (NEPA).

Senator Brooke's address and the presentation of awards in 23 categories will highlight NEPA's 21st annual Winter Convention, mthursday through Sunday, Jan. 15 - 18. The awards dinner will be held at 6:45 p.m., Friday, Jan. 16, in the grand ballroom of the Sheraton-Boston Hotel, also convention headquarters.

A distinguished panel of judges in journalism and publishing from around the country will select winners for outstanding achievement in news and feature stories, columns, editorial and editorial pages, photography, local advertisements, promotion events, sports coverage, community service, and special sections.

Lewis R. Greene, NEPA president and assistant to the publisher of The Westerly (R.I.) Sun, reports that some 750 entries were received making the contest the largest on New England newspapering.

Among other officials at the convention will be the Hon. Francis W. Sargent, Governor, who will extend official greetings of the Commonwealth. More than 500 delegates and their wives are expected to attend from NEPA's 250 newspaper membership.

Throughout the 4-day convention delegates will exchange ideas and learn new ones in workshop sessions covering contemporary approaches to community service through newspapers.

GRID MOMS MEET JAN. 12

The Agawam gridiron moms will hold their monthly meeting Jan. 12 at 8 P.M. at the high school. Final plans for the annual banquet for players, family, and friends will be discussed. The foot ball banquet will be held Jan. 24 at the school. The scholarships to the players will be awarded at this time. All mothers of football players are asked to attend this Jan. 12 meeting.

PETERSEN NEW MANAGER OF AGAWAM OFFICE



GARY W. PETERSEN

Gary W. Petersen of Granville has been appointed manager of the Agawam office of Westfield Savings Bank, it was announced today by marthur W. Knapp, president.

Mr. Petersen is a graduate of Westfield High School. Following his graduation he spent 4 years in the Air Force, serving in the office of the staff judge advocate in the U.S. and in Turkey.

He was an auditor and accountant with Hitchcock & Co. of Springfield for 3 1/2 years before joining Westfield Savings Bank in February, 1969. Mr. Petersen has been assigned to the Agawam office since July.

Mr. Petersen and his wife, the former Nancy Wackerbarth of Granville, live on Silver St. in that community.

Thomas J. Howard, Jr., who has been manager of the Westfield Savings Bank's Agawam office since it opened, has returned to the bank's main office in Westfield.

SOUTH EL. PTA TO HOLD 'FATHERS' NIGHT

The South Elementary PTA will hold a "Fathers Night" for the first meeting of 1970 which will be held in the school cafeteria, Wed. Jan. 14 at 8 p.m.

Harold Burnett, PTA president announced that an evening of special interest to fathers has been planned with members of the School Committee: Philip J. DeForge, chairman, Walter A. Balboni, F. Joseph Napolitan, Arthur Zaverella, Joseph L. Pisano, Mrs. Roberta G. Doering and Robert A. Fassnacht as guests. The members of the school committee will explain the duties of their office and outline plans for 1970.

Refreshments have been planned and will be served by parents of the 4th grade students.

He who sows courtesy reaps friendship, and he who plants kindness gathers love.
 — Megiddo Message

The oldest house in Boston once belonged to Paul Revere. The building—still standing—was about 100 years old when Revere moved in.

LOCAL YOUTHS MAKE ALL AMERICAN



Thomas Snyder of Longmeadow (3rd from left) and Donald Cabra of Agawam (far right) receive farewell gifts from Don Senecal and Hal Rosen, local McDonald's operators. Both Snyder and Cabra were selected as members of the McDonald's All-American High School Board and performed in the Tournament of Roses Parade on New Year's Day.

Consumer news

(This is another Consumer News column from the office of Attorney General Robert H. Quinn to inform the citizens of Mass. about the laws that have been enacted to protect them as consumers.)

Many people are uncertain about where to go with specific consumer grievances. For example, suppose Mrs. Jones picks up her car at the service garage only to find that the garage has used faulty parts in making repairs. If the garage will not rectify the situation without cost to her, where should Mrs. Jones go to complain or to commence legal action? Or suppose Mr. Smith borrows money from his bank or a finance company and then figures out that he is paying more in actual interest than is stated in the papers he signed. If the bank or finance company will not make the appropriate adjustment, where should Mr. Smith go to report this problem?

Remedies exist for these as well as a vast number of other situations in which the consumer discovers or believes he has been defrauded. Legal avenues open to persons with consumer complaints are:

Small Claims Court — When less than \$200 is involved, the consumer may file a Small Claims Form at the clerk's office of his District Court. A hearing will be held before a judge who, after listening to both sides of the case, will make a decision. No lawyer is necessary. (This is probably where Mrs. Jones should take her case.)

Legal Aid — When more than \$200 is involved, a lawyer should be consulted. If you cannot afford lawyer, contact your local bar assoc'n or legal aid office to obtain the name of a lawyer to represent you. To find the address of the legal aid office nearest you, contact the Boston Legal Assistance Project, 84 State St., Boston.

Criminal Complaints — A consumer who has been defrauded by criminal means should request the clerk of his local District Court to issue a criminal complaint. For example, if you pay in advance to have work done on your house, and the work is never done, with evidence that there is no intention to do the work, you have grounds for a criminal suit. The clerk will either hold a hearing to see if a complaint should be issued, ask the local police to investigate further, or tell you that you have no case and should proceed in civil court.

State Agencies — For specific complaints or inquiries, a consumer may contact one of the following agencies:

— Attorney General Quinn's Consumer Protection Division. This division was established to enforce the state's laws protecting consumers from fraud, deceptive advertising practices and conspiracies to fix prices. The

division coordinates efforts with state agencies and departments to provide increased protection for the people of Mass. It also recommends legislation to safeguard the interests of the buying public.

— The Dept. of Public Utilities, which handles telephone, electric, gas or securities problems.

— The Division of Insurance, Complaint Section.

— The div. of Banking, Small Loans Div. (This is where Mr. Smith should register his complaint.)

— The Boards of Registration for the following occupations: radio and T.V. technicians, real estate brokers and salesmen, barbers, hairdressers, funeral directors, pharmacists, architects, electologists, veterinarians, CPA's, opticians, chiropractors and others.

If the mails have been used to defraud, contact the Postal Inspector, P.O. Bldg., Boston.

These agencies and courts provide the means to correct justifiable grievances. If you have further questions, contact the Consumer Protection Division of the A.G.'s office at the State House in Boston or in Springfield.



PTA BOARD MEETS JANUARY 12

Mrs. Dominic DiDonato, president of the Agawam Council PTA requests all officers and members of the executive board for the council meet in the Board of Selectmen's Office at the town hall at 7:30 p.m. Monday Jan. 12.

An important business meeting for the P.T.A. council will follow immediately after the boards meeting with the selectman.

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

Charles Darwin developed the concept of the web of life: Animate nature is a vast system of linkages; the circle of one life intersects that of another, and nothing lives or dies to itself, the Mass. Audubon Society tells us.

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BOND PROMOTED AT WESTFIELD SAVINGS



The promotion of Harris J. Bond of West Springfield to treasurer of the Westfield Savings Bank was announced today by Arthur W. Knapp, president.

Mr. Bond, a lifelong resident of W.S., is a former president of the W.S. Chamber of Commerce and for 10 years was a member of that town's board of appeals. In his new Westfield Savings position he succeeds Ralph M. Neth, who retired on Dec. 31.

Mr. Bond is a graduate of W.S. High School, and after attending the U. of Mass. and A.I.C., was with the Chapman Valve Mfg. Co. He entered the Air Force as an aviation cadet in Jan. 1944 and left the service in Dec. 1945.

For 2 years he was with the real estate firm of Fullam and Speed, and joined Westfield Savings Bank in its Westfield office in Oct. 1947.

In April 1948 he was assigned to the newly established W.S. office, and in 1953 was named manager of the office.

He was promoted to assistant treasurer of the bank in 1960.

Mr. Bond is a former chairman of the Conn. Valley Savings Bank Forum, and also has served as president of the Savings Bank Forum of Mass.

He is a past president of the Springfield Chapter of the American Institute of Banking, is a graduate of the Stonier School of Banking at Rutgers U. in Brunswick, New Jersey, was chairman of the 1st W.S. high school building committee, was a town meeting member for 20 years, is a member of the board of trustees of the W.S. Boys and Girls Club, is a former director of the W.S. YMCA, is vice-president of the Rotary Club of W.S., and is a member of the American Legion and the W.S. Men's Club.

Mr. Bond is married to the former Germaine Boire of W.S. and they live at 200 Poplar Ave. in W.S.

They have two children: First Lieutenant Richard J., assigned to Fort Knox, Kentucky, and Miss Lois E., a senior at W.S. High School.



AGAWAM PROMENADERS

Dick Ledger one of the most famed of all New England square dance callers will be on hand for a dance at 8 p.m. January 9 at the Robinson Park School on Begley St.

The event is being sponsored by the Agawam Promenaders and square dancers from all other clubs in Western Mass. have been invited to attend. Ledger has his own square dance band, but for this occasion he will use recorded music or accompany himself on the guitar. Refreshments will be provided by Lorraine and Joe Gasperini of Springfield, refreshment chairmen.

The Gasperini's were elected refreshment chairmen from Jan. through June at the last business session that followed the club Christmas party. Also elected to office were Burt and Claire McCormick, secretaries and Dick and Lindy Davis, publicity chairmen. They will serve until next Jan.

The incoming and outgoing executive boards will have a joint meeting on Jan. 11.

TODAY'S AGRI-FACT: Apples are one of the richest sources of pectin, a natural substance that inhibits the absorption of cholesterol from the intestines into the bloodstream.

NATURE'S WAYS

by Wayne Hanley

A percentage of birds at your feeder this winter probably spend last winter around your home.

There is increasing evidence that birds have regular wintering sites to which they return each year — just as they have rather regular nesting sites which they prefer to use each summer.

To some extent, the idea that the same birds tend to return each winter — so long as they are able to, that is — will not surprise those who feed birds regularly.

For instance, this autumn I was late in hanging a feeder on the back porch rail at my home. Each day at least one chickadee, and probably more, would fly to the site and hover in the air at the exact height and location where the feeder had hung last winter. The bird, or birds, acted as though he or they could not believe that the feeder was not there. The action seemed quite obviously based upon previous experiences with that particular feeder.

For 4 winters, a cock pheasant and a variable number of hen pheasants have flown up on the back porch — which is 7 feet above ground and well out of a ground-feeding pheasant's view — and eaten grain scattered there. The 1st year they obviously were attracted to the porch by other birds which were eating there. On the 1st snowfall this winter, we scattered grain on the porch — and within an hour a cock pheasant flew up on the porch and began eating. Even more important, he was not alarmed by the human activity which he could see through the glass wall that separates porch and house. Pheasants making a first visit to the porch normally flush when they notice the near presence of humans.

A more solid basis, however, for the belief that many birds spend more than

one winter in the same back yard comes from observations by bird banders. Birds bearing serial-numbered bands can be positively identified. In most field experiments involving common wintering birds, such as tree sparrows — or slightly less common, such as white-throated sparrows — there are enough banded birds returning to the same area each winter to indicate that members of species may return to preferred winter sites. This preference of identifiable birds for specific sites has been verified also in the tropics where many of our summer birds spend the winter.

The tendency to return to the same, or nearby location, where the bird has wintered successfully may extend even to those mixed-up birds that never should be present in New England in winter.

The increasing frequency in reports of Oregon juncos in New England, for instance, might be a result of an odd migration pattern of a few birds that migrated from the Rockies to New England and survived a few winters. The first Oregon junco identified in Mass. was taken in 1874. There was a gap between 1874 and 1930 in which none were recorded. Since 1930, a few have been seen each winter. Some ornithologists believe that such a pattern can be explained through the success that Oregon juncos have had in living through N.E. winters and returning in subsequent years.

The new resource now available for sustaining Oregon juncos through the winter that did not exist in 1874 is the multitude of bird feeders stocked with grain that dot suburban neighborhoods.



Vegetables With A Flair

Dress up every-day vegetables with a creamy good sauce. This recipe for creamed peas and onion should tempt even the most reluctant palate.

Creamed Peas and Onions

- 3 tablespoons margarine
- 2 tablespoons corn starch
- Dash sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 cups milk
- 2 (10-ounce) packages frozen peas, cooked and drained
- 1 (1-pound) can white onions drained
- 1 tablespoon chopped pimiento, optional

Melt margarine in saucepan. Mix in corn starch, sugar, salt and pepper. Remove from heat. Gradually add milk, mixing until smooth. Cook over medium heat, stirring constantly, until mixture thickens, comes to boil and boils 1 minute. Stir in peas, onion and pimiento. Heat and serve. Makes 6 to 8 servings.

It's what we learn after we think we know it all that really counts.



"Happy 21st Birthday, Johnny"

At least, we hope it's happy, Johnny's strung out on "speed," and most people take him for about 35. He's shooting "meth," now, but he started on pills: "dexies," "bennies." He has to use a little more each day to maintain the "high" and avoid "crashing." It's as though he were a car that's raced its motor continuously for a year. No wonder he looks like he's ready for a 50,000 mile overhaul.

You see, on "speed," you don't eat, you don't sleep,

you don't feel you have to pay any attention to your health...because you feel so "up" all the time.

So while you're "up" on speed, your body runs down. Johnny raps all the time about how, since he's started "speeding," he's really living. At this rate, he may have lived his whole life before he reaches 22.

For more facts about drugs, write for free drug booklets to: National Institute of Mental Health, Box 1080, Washington, D.C. 20013

RUBBISH COLLECTION SCHEDULE			
Fri.	Jan. 9	Rte. 10	
Mon.	Jan. 12	Rte. 1	
Tues.	Jan. 13	Rte. 2	
Wed.	Jan. 14	Rte. 3	
Thurs.	Jan. 15	Rte. 4	
Fri.	Jan. 16	Rte. 5	

Little things can break your back you can sit on a mountain, But not on a tack.

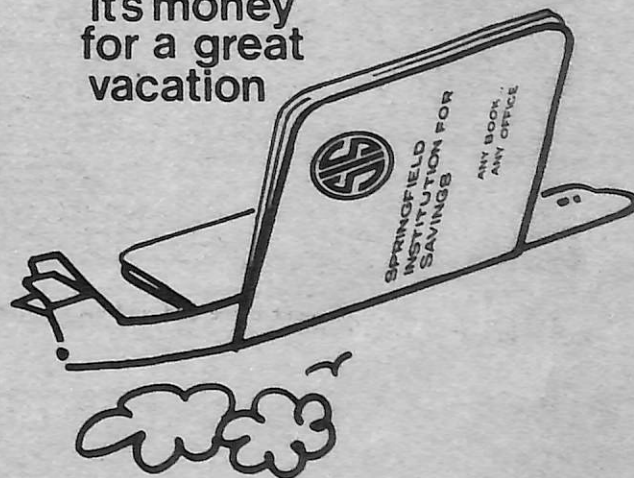
Weight Watchers Class Thursday at 9:30 A.M. and 7:00 P.M. Wilson Thompson American Legion, 478 Springfield St.

HERO

IN ROCKAWAY A FIREMAN WAS AWAKENED BY HIS PET CAT, TUFFY, IN TIME FOR THEM BOTH TO ESCAPE A BLAZING UPPER STORY OF THE FIRE HALL.



it's money for a great vacation



and growing safely 'til you need it



Ear Infection

Earache, often a side effect of head cold, should not be taken lightly. It may be a warning signal of ear infection which, if unchecked, could lead to hearing impairment or loss.

Hearing loss caused by blockage in the auditory canal (the main channel bringing sound into the ear) is called *conductive*. The obstruction may be an accumulation of wax, swelling from infection, or perhaps a forgotten wad of cotton.

Most often, however, the trouble in conductive hearing loss is infection in the middle ear. This chamber conducts sound waves from outside to the inner ear where nerves carry the messages to the brain. Inflammation in the middle ear, called otitis media, can produce a build-up of fluid in the middle ear, and may cause a running ear and partial hearing loss.

Otitis media is sometimes produced by puncturing the eardrum with an object such as a toothpick or hairpin. However, the condition usually develops from a head cold. Secretions from the nose pass backward and infect the passageways to and in the middle ear.

Prompt medical attention may restore normal hearing and prevent permanent damage to the middle ear. However, since relief from pain is not always a guarantee that the infection is cured, periodic check-ups by the physician are recommended. In some cases, the doctor may have to open the eardrum and drain the accumulated fluid to relieve pressure and clear up lingering infection. After this minor procedure, the eardrum usually heals quickly and without loss of hearing.

When middle ear infection is neglected, it may break through to the inner ear, the labyrinth. If it affects that part of the labyrinth which helps us maintain balance, dizziness results. This condition, called labyrinthitis, may occur without any warning earache.

Labyrinthitis following an accident, a fall, or a blow may linger for months, causing prolonged dizziness and nausea in some cases. As with all ear disorders, prompt medical treatment is essential.

The National Institutes of Health in Bethesda, Maryland, the principal biomedical research arm of the Federal Government, is conducting research into the causes, treatment, and prevention of hearing disorders through the National Institute of Neurological Diseases and Stroke.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Hearing Loss, Hope through Research," Publication No. 207; and "Dizziness, Hope through Research," Publication No. 1651.

Well, What Do You Know? fun, games and knowledge



by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

Do you know what fermentation is?

If certain foods are allowed to stand in a warm, dark place, they undergo chemical changes. Very often, gas is given off. Such food is said to ferment; the process is called fermentation. The word "ferment" comes from a Latin word meaning "to boil." When fruit juices ferment, the gas bubbles up slowly and the liquid looks as though it were boiling.

What is a foreign service?

Since the days of ancient Egypt, there have been people who represent the government of their own country in a foreign country. Today we say that these people are members of the foreign service or diplomatic corps of their own country. The rules of modern foreign services were established at the Congress of Vienna in 1815. Most countries of the world have a foreign service modeled on these rules.

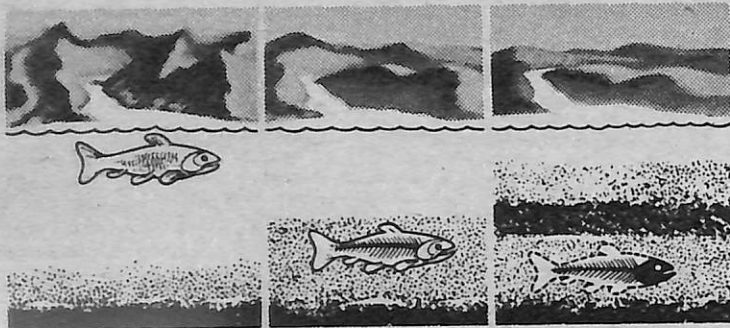
A foreign service is made

up of two branches — the diplomatic service and the consular service. In a foreign country the headquarters of the diplomatic service is called an embassy. An embassy officer is called a diplomat. The headquarters of a consular service in a foreign country is called a consulate. People assigned to the consular service are called consular officers.

Do you know how fossils are formed?

A fossil may be formed when a plant or an animal, such as a fish, dies. When it falls to the floor of a lake, the fish may be covered with a layer of sand or silt. Other layers build up over a period of many years. Gradually, the layers of sand turn to rock. The soft parts of the fish decay. Minerals replace the bone cavities of the fish, making a fossil in the rock.

Eventually, folding, cracking, and erosion cause changes in the surface of the earth. Such changes may uncover a fossil that has been buried for many years.



Do you know why electric irons were invented?

At the turn of the century, people used electricity mainly for lighting. This meant that although a great deal of electricity was used at night, very little was used during the daytime. Because power companies wanted to get as much use out of their electric generating equipment as possible, engineers began looking for a device that used electricity and that would be used mainly in the daytime. Electric irons were the answer. They were first made in 1902.

Do you know who Gertrude Ederle is?

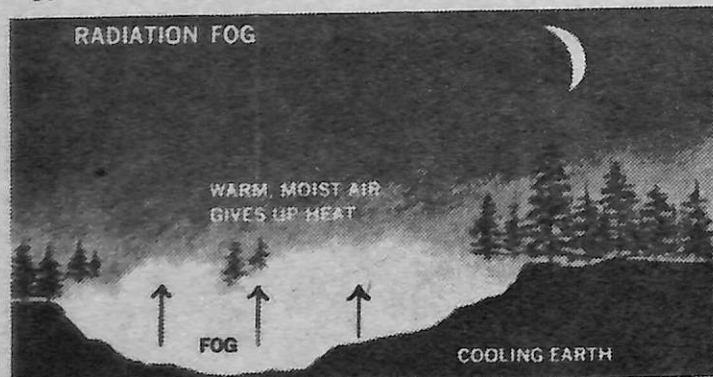
Gertrude Ederle was the first woman to swim the English Channel. Only five men had accomplished this. On August 6, 1926, the 19-year-old swimmer entered the Channel at Cape Gris-Nez, France, and swam to Dover, England. The distance across the cold, choppy waters was about 20

miles. Gertrude made the crossing in 14 hours and 31 minutes. She broke the men's record by more than 2 hours.

"Trudy" Ederle was born in New York City in 1907 and learned to swim at her family home in New Jersey. So, the first woman to swim the English Channel was also an American.

Do you know about radiation fog?

One of the main types of fog is called radiation fog. During the day evaporation along bodies of water makes the air above heavy with water vapor. After sunset, night may come on without a warming blanket of clouds. Then the moist air gives up some of its heat by radiation (just as your radiator gives off heat). As the moist air cools, it reaches a point beyond which it can hold no more moisture. When this happens, the water vapor condenses out and forms fog droplets.



(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)



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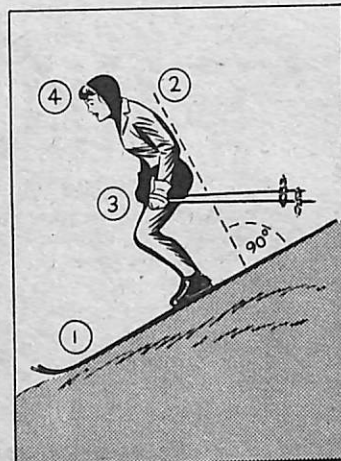
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With force

You will rarely gain the wanted success. Try more sensible methods:

Advertise in our newspaper!



SKIING

Unless you favor cross-country skiing, most of your time on skis will be spent in downhill running which requires attention to these four cardinal points; 1. Keep skis close together. 2. Keep body vertical (at right angle to slope), knees bent, loose, relaxed. 3. Hands low, firmly gripping poles. 4. Gaze fixed ahead of skis to watch the snow contours.

TODAY'S AGRI-FACT If you're concerned about infection, digestion, children's growth, eye health and steady nerves, include apples in your menu. They are loaded with vitamins A and C to bring you all these benefits.

**it's the
down payment
on a home**



and growing safely 'til you need it

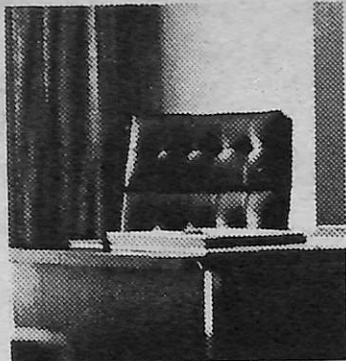
WHY NOT KICK THE HABIT?

The Hampden-Berkshire TB-RD Association is assisting with an "on the air" smoking clinic which will be conducted on the WBZ (1030 on the dial) Jerry Williams Show, nightly 10:00 P.M. to 11:00 P.M., from January 5 through January 30. Prominent physicians will be guests on the program to discuss and answer questions on smoking and respiratory diseases.

This program will be an ideal opportunity for those wishing to stop the smoking habit to learn the ways in which they can most easily do it. It is important for the smoker to understand his own personal reason for smoking and the ill health consequences of the habit in order to make an intelligent decision whether or not to continue. Stop smoking buttons, bumper strips, and a privately issued commemorative stamp have been obtained from WBZ and will be distributed by the Hampden-Berkshire T.B. and Respiratory Disease Assoc'n. after J.VAN. 1/8. Anyone interested in receiving these free materials should contact the Assoc'n. at 284 State St., Springfield, Mass. 01105 (Tel. 737-3506).

Sno, frost, ice and fog make seeing difficult...but clean windshields, mirrors and windows will give you a chance to cope with danger.

If your car breaks down in a snowstorm, raise the hood and stay with the car for a reasonable length of time. Help may be on the way.



Mark Waters was a chain smoker.

Wonder who'll get his office?

Mark kept hearing the same thing everyone does about lung cancer but kept on smoking cigarettes. Probably thought: "been smoking all my life...won't help to stop."

No matter how long you've smoked, the risk of lung cancer decreases when you stop, provided cancer or emphysema have not developed.

Next time you reach for a cigarette, think of your office—and your home.

American Cancer Society
THIS SPACE CONTRIBUTED BY THE PUBLISHER

In bad weather, use your headlights — not parking lights — to see and be seen. Impaired vision can steer you into an accident.

In bad snowstorms there's one sure way to avoid an automobile accident. Leave your car in the garage and use public transportation.

The only place for alcohol in a car is in the radiator. It makes the car operate better. In a driver, it causes trouble.

HOW YOU FEEL IS WHAT COUNTS

One way to keep in shape during cold winter months is to swim. A dip in the local, indoor pool can pick up almost anyone.

Indoor swimming gives a big boost to all types of people. Including youngsters with asthma.

Swimming, many people think, is an important part of rehabilitation for asthmatics because it improves their lung function. Not so, says Dr. H. Chai, an expert on the subject. But he still highly recommends swimming — in an indoor, allergen free atmosphere — for asthmatic kids.

For 12 weeks at the Children's Asthma Research Institute and Hospital in Denver, Dr. Chai tested 24 kids who had chronic, severe asthma. He took all kinds of tests to measure their lung capacities.

There was only one difference between the first six weeks and the second. Swimming was introduced. And what happened to the kids' test scores? Did swimming increase their lung capacity in any way? Not a bit, say Dr. Chai.

Swimming, he says, had no effect on the severity or the frequency of the kids' asthmatic attacks. But 90 percent of the kids said the swimming did help their conditions. They felt better.

How come? "Swimming may be an important adjunct to therapy," Dr. Chai says, "even if the effects are largely psychological. A sense of well-being and physical equality with a child's normal peers is an achievement in itself."

For more information about asthma and its effects, contact your local tuberculosis and respiratory disease association. And use Christmas Seals — they support the fight against all respiratory disease.

It's a matter of life and breath.

SCHOOL MENUS

JANUARY 12 — 16

Milk Served with All Meals

PHILIPS SCHOOL
MON. — Tom. soup, pea. but. & jelly sand., cheese stix, orange wedges, cocoa krisp. TUES. — Spaghetti, w/meat sauce, cabb. & carr. salad, brd. & btr. applesauce. WED. — Juice, Hamb. on but. roll, rel. & onions & catsup, brd. carrots, butter cake w/choc. fr. st. THURS. — Sloppy Joe, green sal. pot. chips, apple. FRI. — Juice, Pizza w/ tom. & cheese sauce, cel. & car. stix, pea. but. coconut cookie, fruited Jell-o.

GRANGER SCHOOL
MON. — Juice, hamb. on but. roll, rel. & catsup, cheese cube, but. veg., applesauce. TUES. — Meat Rav. w/ mean & tom. sauce, but. green beans, pea. but. sand., pine, tidbits. WED. — Juice, oven fried chick., but. noodles, carr. brd. & but., fruit. THURS. — Juice, toasted ham & cheese roll, whole kern. corn, pot. stix, fruited Jell-o w/ whip. top. FRI. — Baked fish sticks (catsup), parsley pot., peas & car., brd. & but. white cake w/ fudge sauce.

PEIRCE SCHOOL
MON. — Hamb. w/ brown gravy, whip. pot., but. peas & car., pea. but. & honey sand., fruited Jell-o w/ top. TUES. — Baked beans w/ frank. rings, cole slaw w/ grated car., hot raisin corn brd., brd. & btr. pine, tidbits. WED. — Hot open face Turkey Sand., but. leaf spinach, cheese wedge, brd. & btr., apricot halves. THURS. — Beef pot pie w/ pot. top., but. green beans, brd. & but., pea, crunch pudding w/ topping. FRI. — Tangerine juice, tuna sail boat, kern. corn, pot. chips, spicy prune cake w/ but. icing.

DANAHY SCHOOL
MON. — Juice, ham, on but. burn, corn, ban. cake. TUES. — Sliced bologna on roll, sliced cheese, fr. fries, cabb. & car. salad, prune spice cake. WED. — Mac. w/ tom. & meat sauce, brd. & but., but. green beans, pine, tidbits. THURS. — Baked chick., mashed pot., but. broccoli, brd. & but., fruited Jell-o w/ top. FRI. — Juice, Tuna Fish sand., pea. but. sand., carr., cheese wedges, peaches, cookie.

SOUTH ELEMENTARY SCHOOL
MON. — Juice, veg. soup, cel. stix, grill. cheese on rye, pine, upside. cake w/ top. TUES. — Turkey w/ gravy on ma. pot., but. peas & carr., cran. sauce, pea. but. sand., sliced peaches. WED. — Sloppy Joe on hard but. roll, cheese stix, but. spinach, deep dish apple square. THURS. — Baked sh. mac. w/ meat & tom. sauce, fr. slaw salad, but. yeast rolls, fruit cup. FRI. — Orange juice, baked beans - catsup, tuna salad on grind. roll, ABC salad, fruit cup.

ROBINSON PARK SCHOOL
MON. — Juice, frank. on but. roll, rel. & mustard, but. corn, cheese stix, pine. cake w/ top. TUES. — Baked chick., candied sweet pot., but. peas, cran. sauce, brd. & btr., ice cream. WED. — Mac. w/ meat sauce, but. green beans, brd. & btr., pears. THURS. — Juice, Pizza w/ cheese sauce, cel. & carr. stix, pea. but. sand., fresh fruit. FRI. — Grilled cheese sand., pea. but. sand., cabb. & carr. salad, pot. chips, raisin spice cake.

JR. HIGH
MON. — Juice, meat ball grind., cabb. & carr. salad, fruit cup w/ cookie. TUES. — Chick. croquette, mashed pot., veg., stewed prunes, brd. & but. WED. — Meat loaf, sweet pot., mixed veg., brd. & but., ice cream. THURS. — Juice, hamb. on bun, but. carr., pea. but. sand., pine, chunks, pea. but. cookie. FRI. — Grilled cheese sand., homemade baked beans, cabb. & carr. salad, pumpkin cake.

SENIOR HIGH SCHOOL
MON. — Hamb. on but. roll, candied sweet pot., but. green beans, pea. but. sand., choc. cake w/ choc. icing. TUES. — Oven fried chick., mashed pot., but. carr., cran. sauce, brd. & btr., Jell-o w/ top. WED. — Toasted Ham & cheese roll, but. corn, carr. stix, pea. but. sand., pine, upside. cake w/ top. THURS. — Meat ball grind., garden salad w/ tom. & spin. greens, pea. but. sand., pine, chunks. FRI. — Juice, Tuna salad roll, pot. chips, raw veg. tray, pea. but. sand., strawberry shortcake w/ top.

Legal Notices

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of IGNAS GRIGAITIS of Agawam, in said County, a person under conservatorship.

The conservator of the property of said IGNAS GRIGAITIS has presented to said Court his first account for allowance.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the sixteenth day of January 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this tenth day of December 1969.

JOHN J. LYONS, Register
Dec. 25; Jan. 1, 8.

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of EDGAR T. BOISSONNAULT late of Agawam in said County, deceased.

A petition has been presented to said Court, praying that REGINA BOISSONNAULT of said Agawam or some other suitable person be appointed administratrix of said estate.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, in the County of Hampden, before ten o'clock in the forenoon on the twenty-third day of January 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eighteenth day of December 1969.

JOHN J. LYONS, Register
Jan. 1, 8, 15

MORTGAGEE'S SALE OF REAL ESTATE

By Virtue of and in execution of the Power of Sale contained in a certain mortgage given by William E. Coons, Jr. and Beverly A. Coons, husband and wife, to Third National Bank of Hampden County dated February 15, 1966 and recorded with Hampden County Registry of Deeds, Book 3170, Page 64, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at ten o'clock a.m. Eastern Standard Time on the 26th day of January, A.D. 1970 on the premises, more particularly at the corner of Maple and Moore Streets all and singular the premises described in said mortgage.

To Wit: Certain real estate situated in Agawam, Hampden County, Massachusetts, being known and designated as Lots 42, 43, 44 and 45 (forty-two, forty-three, forty-four and forty-five) as shown on a plan of lots of Scherpa Brothers, recorded in Hampden County Registry of Deeds in Book of Plans U, Page 52, said lots being more particularly bounded and described in one parcel as follows:

Beginning at the intersection of the northwesterly line of Maple Street with the westerly line of Moore Street and running thence NORTHWESTERLY along Moore Street two hundred two (202) feet to the southerly line of Ellington Street; thence WESTERLY along Ellington Street one hundred (100) feet to lot No. 41 (forty-one) as shown on said plan; thence SOUTHEASTERLY along Lot No. 41 (forty-one) one hundred thirty and 65/100 (130.65) feet to the northwesterly line of Lot No. 45 (forty-five) as shown on said plan; thence SOUTHWESTERLY along said Lot No. 45 (forty-five) thirty-five (35) feet more or less to the northeasterly line of Lot No. 46 (forty-six) as shown on said plan; thence SOUTHEASTERLY along said Lot No. 46 (forty-six) one hundred and 26/100 (100.26) feet to an iron pin in the northwesterly line of Maple Street; and thence NORTHEASTERLY along Maple Street ninety-two (92) feet to a stone bound; thence continuing NORTHEASTERLY along Maple Street eighteen and 98/100 (18.98) feet to the place of beginning.

Being the premises conveyed to us by Herman R. Vancini et als by deed dated January 14, 1966 and recorded in Hampden County Registry of Deeds in Book 3165, Page 311.

The above described premises will be sold subject to all outstanding tax titles, municipal or other public taxes, assessments or liens, if any.

The terms of sale: \$1000.00 to be paid in cash at the time of sale, balance in cash to be paid into escrow in ten (10) days, the terms of the escrow to be announced at the sale.

Other terms to be announced at the sale.
THIRD NATIONAL BANK OF HAMPDEN COUNTY
By: Richard H. Drohan, Vice-President

Frederick A. Stebbins, Esq.
1387 Main Street
Springfield, Massachusetts
Jan. 1, 8, 15

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